

# CLUB

HONG KONG FOOTBALL CLUB 香港足球會 MAY 2008



The HKFC Philips Lighting International

**SOCCER 7'S -**

**23rd to 25th May**

**Mother's Day Celebration**

**A Wine and Tapas Evening**

**Asparagus Promotion**

**and more...**

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## HONG KONG FOOTBALL CLUB

### MISSION STATEMENT

**Vision:** To be recognised as the leading Sports Club in the Territory.

**Mission:** To deliver quality services on the principles of accountability, consistency and transparency.  
To develop an organizational culture that recognises the importance of staff contribution and commitment.  
To facilitate the development and participation of recognised sporting activities.

**Values:** Being accountable – to communicate, consult and provide information.  
Living within our means – to plan ahead within available resources.  
Developing a culture of service – to encourage commitment, integrity, courtesy and responsiveness.  
Managing for performance – to set the direction and develop the necessary skills.

**Aims:** To provide the services the Membership needs.  
To improve the quality of Club life.  
To up-hold the Constitution and Bye-laws.  
To encourage Members to play their part in the Club.

#### General Committee

President	: D. Agnew
Vice President	: N. Hunsworth
Vice President	: M. Lamont
Vice President	: R. Lawson
Vice President	: R. Neish
Chairman	: A. Brown
Hon. Secretary	: C. Cohen
Hon. Treasurer	: Chew Fook Aun
Sports & Recreation Development	: L. Edwards
Discipline	: M. King
Constitutional Affairs	: D. Ko
Membership	: A. Lam
Hockey Officer	: J. Shanahan
Lawn Bowls Officer	: F. McCoig
Rugby Officer	: M. Worth
Soccer Officer	: J. Molloy
Squash Officer	: T. Bratsanos
	: D. Reeves

#### Management

General Manager	: Mark Pawley
Operations & Co-ordination Manager	: Tony Sealy
Financial Controller	: S.K. Li
F & B Manager	: Dominique Artigolle
Executive Chef	: Karl Blunden
Facilities Manager	: Evan Tao
Chief Engineer	: Hackman Lee
Membership Services Manager	: Kerry Ogle
Human Resources Manager	: Angela Chan
Executive Housekeeper	: Lily Huynh
Front Office Manager	: Shirley Lo

#### Club Magazine

Monthly journal of the Hong Kong Football Club. Arranged and designed by Karen Chan-Mulvena. For information and requests for placement of advertisements in "Club" please call 2830 9503. The opinions expressed in the articles are those of the writers and do not necessarily reflect the opinions of the Hong Kong Football Club or the General Committee. The Club reserves the right to edit and clarify all content. The copyright of all materials is held by the Hong Kong Football Club.

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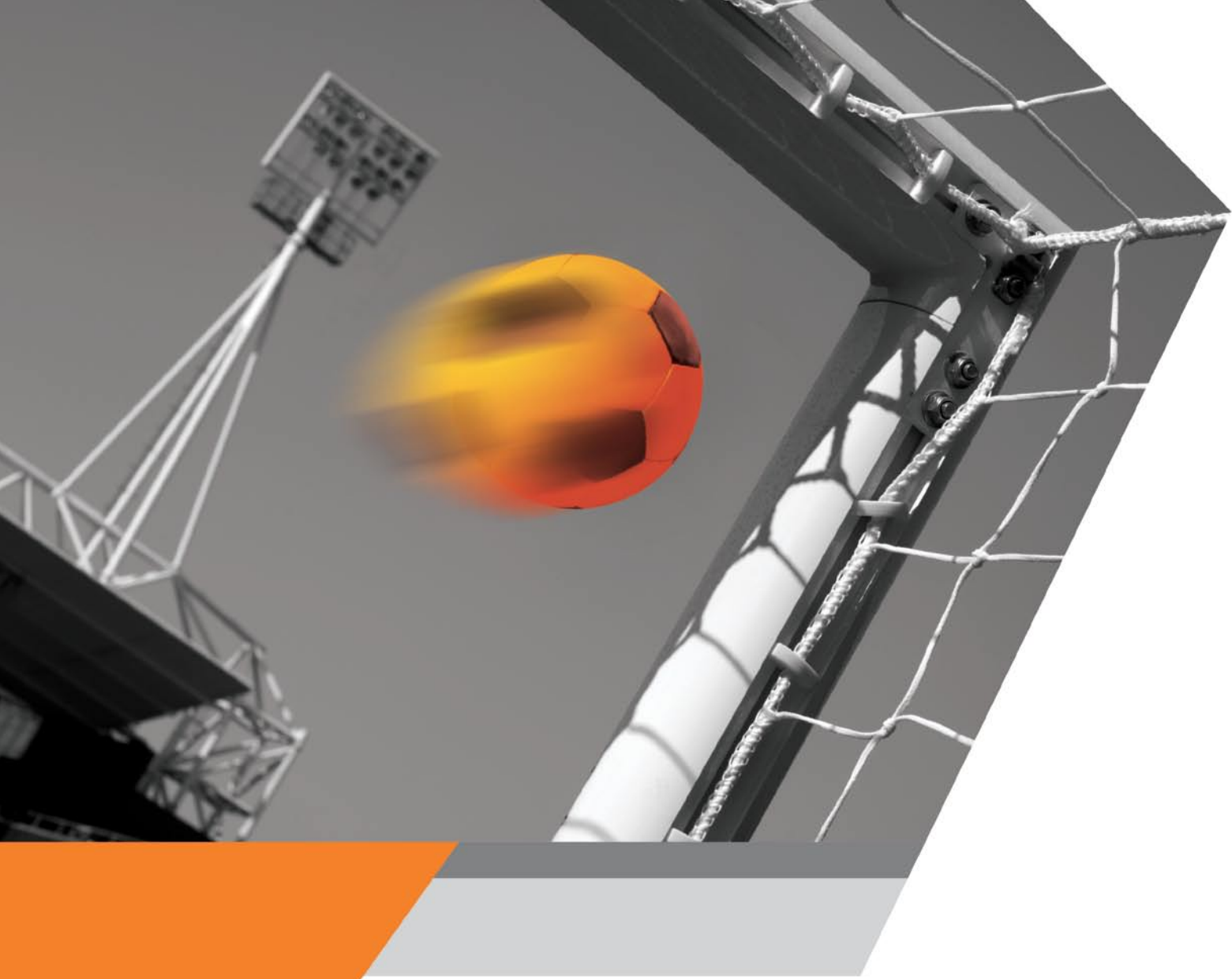
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*Cover image: Aston Villa—last year's winners of The HKFC Philips Lighting International Soccer 7's Tournament*





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## The Thoughts of the Chairman

As the field sports' seasons draw to a close, the Club will host another first class international tournament with **The HKFC Philips Lighting International Soccer Sevens** being held from **Friday 23rd - Sunday 25th May 2008**. It is always a great weekend and I hope that you can find time to watch some of the soccer action at the Club.

With the Summer Olympics in Beijing fast approaching, it is likely that the Club will offer practice facilities to various teams passing through Hong Kong. Hockey is one sport that will almost certainly feature and Members will be kept up to date with arrangements in order that they can take the opportunity to watch top class sportsmen and sportswomen begin their quests for medals. Who knows what practice fixtures might be arranged – so keep training!

It seems far too early mid-way through the year to turn our thoughts to the **Club Annual General Meeting** but can I please ask any Members who would like to contribute to the administration of the Club to do just that. Many people willingly offer their time and commitment by serving on various committees which allows the Club to operate smoothly and efficiently in conjunction with our first class professional management. However, new faces are not only welcome but essential if the Club is to keep up with changes in the sporting world and with the aspirations of Members. If you are at all interested, please have a chat with the Section / DSA / Society Chairmen, the Standing Sub-committee Chairmen, the Club Vice Presidents or with any General Committee Members to see if there is a role which you might fulfill.

As always, please enjoy the splendid sporting and food and beverage facilities on offer at the Club.

**ALAN BROWN**  
Chairman



## From the Desk of Mark Pawley

Following on from the Chairman's comments, as regards international sports, I can advise Members that we are hosting one of the inaugural **Asian 5 Nations Championship** rugby matches, **Hong Kong versus Kazakhstan** on **Saturday 3rd May 2008** with the KO at 4pm. Your support, I am sure, would be welcomed by the Hong Kong side which will have a number of Club Members in the squad.

I also look forward to the HKFC Philips Lighting International Soccer Sevens this month and can advise that the **Ladies Infield Changing Room** will be utilised by some of the teams playing in the Tournament. As such, any lady requiring access to her locker in the Changing Room over the weekend of the 23rd, 24th and 25th May should, in the first instance, go to Reception in order that they can arrange for an attendant to either escort you to your locker or to access the locker on your behalf.

As ever, the Soccer Seven's starts with the traditional **Sportsman's Dinner** held on **Thursday 22nd May** in the Sports Hall. This year the Guest Speaker is **Peter Beardsley**, the ex Newcastle, Liverpool and England player alongside **John Dykes** (the ESPN Star Sports Presenter/Commentator) as MC, with **Mike Riley** the English Premier League Referee in attendance, as well as **Lawrie Sanchez** the ex Northern Ireland Manager. Good luck to all those involved in the running and organising of the tournament and let's all wish for some good weather over the 7's weekend this time round!

Last, and, by no means least, I should mention that **Mother's Day** is on **Sunday 11th May** and that we will be putting on various Brunches/Buffets (noted on page 4) to celebrate this day. Please ensure you make advance bookings in order to avoid any disappointment.

I look forward to seeing you all at the Club.

**MARK PAWLEY**  
General Manager

## Notice to Members

### Accelerated Full Membership (Non-Sports Preferred) – Child of a Member

The General Committee has recently approved changes to Policy Statement 6.9 (2) concerning a Child of a Member. The privilege that a Child of a Member may be nominated to join the Club as an Accelerated Full Member will cease if that Child has already attained the age of 31 years.

A grace period of three months for implementing the revised policy, from the 8th May 2008 to the 8th August 2008 is hereby granted for any Member (of at least, 3 years good standing) who wishes to nominate their Child for Full Membership, even though the Child has already attained the age of 31 years.

Please contact the Membership Services Manager on 2830 9502 for an Application Form.

# Mother's Day Celebration

on Sunday 11th May

## In the Restaurant

### MOTHER'S DAY BRUNCH

From 11.00am to 3.00pm

\$288 per Adult

\$148 per Child under the age of 12 years of age

### INTERNATIONAL DINNER BUFFET

From 6.30p.m to 9.30p.m

\$308 per Adult

\$168 per Child under the age of 12 years of age  
**(includes 1/2 Lobster Thermidor per person)**

*No A la Carte available on that day for either lunch or dinner*

*For reservations please call the Restaurant at 2830 9562 or email at [restaurant@hkfc.com](mailto:restaurant@hkfc.com). Booking is required.*

## In the Coffee Shop

### MOTHER'S DAY LUNCH BUFFET

From 12 noon to 2.30pm

\$208 per Adult

\$128 per Child under the age of 12 years of age

### LOVING MUM DINNER BUFFET

From 6.30pm to 9.30pm

\$258 per Adult

\$148 per Child under the age of 12 years of age  
**(includes a Grilled King Prawn with herb butter per person)**

*No A la Carte available on that day for either lunch or dinner*

*For reservations please call the Coffee Shop at 2830 9569 or email at [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com). Booking is required.*

## TRULY TANDOORI

in the Coffee Shop

Fridays and Saturdays

for Dinner Buffet

(Excluding 23rd and 24th May)

Throughout the month of May, we have a special corner preparing, cooking and serving favourites such as Tandoori Chicken, Lamb Kebab, Fish Tikka and Naan Bread.



## TASTE OF NEW ZEALAND

in the Coffee Shop

Sunday to Thursday throughout

the month of May

for Lunch and Dinner

The "heart" of New Zealand will land at the Coffee Shop in May!

An array of grilled delicacies will be served.



## DELICACY FROM UNDERGROUND: ASPARAGUS

in the Restaurant

Mondays to Saturdays throughout the month of May

Asparagus is at its best in May. That is why this month, the Restaurant will bring you white and green asparagus. A special trolley will be used in the Restaurant, where Members can select from an array of asparagus. In addition, a 4 course gourmet menu will be available at dinner, with a choice of two dishes for each course. And, that is not all, you can order any course from the gourmet menu at individual prices. If you prefer lunch to dinner, you won't be disappointed either, as the Restaurant will also offer some asparagus specialties at this time as well.



### 4-Course Menu:

Green Asparagus with Parma Ham and  
Bell Pepper Relish

or

Poached White Asparagus with Hollandaise Sauce

\*\*

Asparagus Cappuccino with Truffle Oil

or

Asparagus and Black Truffle Mousse with Hazelnut Foam

\*\*

Grilled Chicken Breast with  
Char Grilled White Asparagus,  
Garlic Mashed Potatoes and Fava Beans,  
Cider Apple Sauce

or

Baked Salmon Fillet Filled with Green Asparagus,  
Parmentier Potato, Oyster Mushrooms and Bacon, Citrus  
Butter Sauce

\*\*

Dark Valrhona Chocolate Mousse with  
Butterscotch Sauce

or

Crème Brulée with Strawberries and  
Mascarpone Ice Cream

\*\*

Coffee or Tea  
Petits Fours

\$438 per person

## CARTE BLANCHE: CHEF JOSEPH'S DISCOVERY MENU

in the Restaurant

Thursday 29th May, 7pm - 11pm

Be in for a surprise as you walk into the Restaurant this time. Chef Joseph is serving up a surprise 4 course menu and Members have to sit in anticipation of the next culinary creation that is going to be served at your table.

This month's menu has a spring theme and is inclusive of two selected New World wines with your meal.

Surprise Menu and Surprisingly delightful wines

Price: \$488 per person



For reservations please call the Restaurant at 2830 9562 or email at [restaurant@hkfc.com](mailto:restaurant@hkfc.com).

## The Importance of the Glass: A WINE AND TAPAS EVENING

in the Restaurant

Friday 16th May,  
starts at 7.30pm

“

*The effect of Riedel glasses on fine wine is profound. I cannot emphasize enough what a difference they make.*

”

*Robert M. Parker Jr.*



**U**nlock the secret behind the affinity between the shape of the wine glass and the taste of the wine.

Join Mr. Clive McLaughlin from Peak International Wines as he takes you on a journey to taste some exquisite wines from around the world.

With five very different wines followed by platters of Spanish Tapas served “family” style at your table, it promises to be a truly memorable evening of discovery.

**\$ 368 per person**

(including a Riedel crystal wine glass (valued at \$120) per person)

Pre booking is required before Wednesday 14th May.

*For reservations please call the Restaurant at 2830 9562 or email at [restaurant@hkfc.com](mailto:restaurant@hkfc.com)*



## TWO WINE TASTINGS at the Chairman's Bar

‘Wine Delivery Selection’ Tasting  
Thursday 8th May,

6.30pm - 8.30pm

Wine delivery selection and its corresponding tasting.

Did you know that each month you can ‘try before you buy’? Please see our enclosed Wine Delivery form for the list of wines.

\$50 per person

From 6.30pm to 8.30pm

Pre booking required.

(Last booking day: Tuesday 6th May)

*For reservations please call the Chairman's Bar at 2830 9559.*

\* \* \*

## D'Arenberg Wine Tasting Tuesday 13th May,

6.30pm - 8.30pm

Located in McLaren Vale, South Australia, D'Arenberg is one of the most sought after wine brands in Hong Kong. Its flagship wines – Lucky Lizard Chardonnay and Coppermine Cabernet Sauvignon are also highly celebrated by wine critics.

Ric Anderson, General Manager in Sales and Marketing will introduce a selection of 5 special wines from D'Arenberg.

\$50 per person

From 6.30pm to 8.30pm

Pre booking is required.

(Last booking day: Saturday 10th May)

*For reservations please call the Chairman's Bar at 2830 9559.*

## WINES OF THE MONTH

### Premium Selection

#### ALAMOS 2007, SAUVIGNON BLANC, ARGENTINA

The nose is intense with grapefruit and citrus aromas. Taste is clean, with ripe fruit flavours, well-balanced acidity and a bright, fresh finish.

Bottle: \$135

Glass: \$31



#### ALAMOS 2006, CABERNET SAUVIGNON, ARGENTINA

The nose is explosive, with red fruit flavours. Full flavours yet soft body. Beautiful structure and fantastic finish.

Bottle: \$135

Glass: \$31

### Deluxe Selection

#### VOYAGER 2006, SAUVIGNON BLANC / SEMILLON, AUSTRALIA

A typical Sauvignon with a little bit of "kick". Medium bodied wines driven with lemon, tropical fruit aroma. It is delicate and refreshing.

Bottle: \$250

Glass: \$55



#### VOYAGER 2005, CABERNET SAUVIGNON / MERLOT, AUSTRALIA

Aroma of blackcurrant. Berries and dark fruit pair with clean acid and fine tannin on the palate. This is a soft and elegant cabernet that you would drink by itself or with your favourite red meat.

Bottle: \$300

Glass: \$67



### WINE DELIVERY

Sample some of the world's most exquisite wines. Please find enclosed "Home Delivery Selection" form.

## Pictures from last month's South African Wine Appreciation Dinner with Sommelier Yves Sauboua



## CATERING SERVICE

The Club has a professional Catering Service team offering a wide variety of value-added packages to suit your needs and occasions: Business meetings, cocktail parties, private dinner events, barbeque parties or even Children's Birthday Celebrations.



For enquiries and bookings, please call the Catering Office on 2830 9513 or email to [lisa\\_ng@hkfc.com](mailto:lisa_ng@hkfc.com)

## MAY IN THE SPORTSMAN'S BAR

**A**s usual this month is packed full of end of season Cup Finals.

May sees the conclusion of both hemispheres' top club rugby tournaments, starting with the final of the **Heineken Cup** on **Saturday 24th** and the **Super 14's** on the afternoon of **Saturday 31st May**.

Soccer also has some big end of season games with the all the **Premiership** teams playing on the final day of the season **Sunday 11th May**. With the Premiership looking like going down to the wire, it should be a nail-biting finale.

**The FA Cup final between Portsmouth and Cardiff City is on the evening of Saturday 17th May.**

In the early hours of **Thursday 22nd May** we have one of the soccer season's highlights - the **Champions League Final**, live from Moscow. For those of you not able to stay up so late on a school night we shall be replaying the game later that day.



South African Burger Pie: Ready in minutes, eaten in seconds.... Exclusively served at the Sportsman's Bar for the month of May.

Our very own **Soccer 7's** tournament is back with a bang on the weekend of **Friday 23rd to Sunday 25th May**. This annual event is getting bigger and bigger every year attracting the very best teams. Building on our experience of previous years we have put together some great food and beverage delights that will be available "Pitch-side" throughout the weekend.

May has two of the top F1 races of the year with the **Turkish Grand Prix** on **Sunday 11th May** and the fans favourite, **Monte Carlo**, on **Sunday 25th May**.

In May we launch our very own "**Pie Burger**" which is as it sounds a juicy beef burger complete with cheese and tomato sauce surrounded with puff pastry. Served with your choice of salad or garden vegetables and mashed potatoes or chips.

**Buckets of Aussie beers including Victoria Bitter, Cascade and Crown Lager available at \$98 for a bucket of six.**

### PASTRY CORNER

Sinfully rich, and not too sweet, our Chocolate Truffle Cake is the ultimate dessert.

Take away price is \$150 for 2lbs

Please contact the Coffee Shop to place your order at 2830 9569 or at [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com)















### FAMILY POOLSIDE BARBEQUE AND SPASH-IN on Friday 9th May

The poolside will only be open to those Members who have booked for the BBQ Dinner Buffet and will be closed to non-participants on the day of the function from 5:30p.m. The Pool party begins at 6.30pm to 9.30pm

Dinner Buffet will be available from 7.00pm at \$175 per Adult / \$98 per Child under 12 years of age.

Book now as seats are limited. Booking form is available at the Club's Reception Desk.

# FOOD & BEVERAGE PROMOTIONS —MAY 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Please plan and make your reservations early to avoid disappointment! Please call the Restaurant at 2830 9562 or email Restaurant@khfc.com The Coffee Shop at 2830 9569 or email CoffeeShop@khfc.com						
<b>5</b>  Door to Door Wine Delivery Place your order now	<b>6</b> Last day to make your reservation for the 'Wine Delivery Selection' Tasting on Thursday 8th May	<b>7</b>  South African Pie Burger all Month Sportsman Bar	<b>8</b> 'Wine Delivery Selection' Tasting "Try before you buy" Chairman's Bar 	<b>9</b> Truly Tandoori Coffee Shop 	<b>10</b> Breakfast Coffee Shop	<b>11</b>  Mother's Day
<b>12</b> Buddha's Birthday Make your Wine & Glass pairing reservation	<b>13</b>  D'Arenberg Wine Tasting Chairman's Bar	<b>14</b> Taste of New Zealand Coffee Shop 	<b>15</b> Daily Set Lunch Chairman's Bar	<b>16</b> Wine & Glass Pairing with Mediterranean Tapas Restaurant 	<b>17</b> Brunch & Family Dinner Buffet Restaurant	<b>18</b> Spit Roasted Lamb Dinner Sportsman's Bar
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Spit Roasted Suckling Pig BBQ Dinner Buffet Coffee Shop	<b>24</b> Spit Roasted Suckling Pig BBQ Dinner Buffet Coffee Shop	<b>25</b>
<b>26</b> South African Pie Burger all Month Sportsman Bar 	<b>27</b> Semi Buffet Lunch Restaurant	<b>28</b> Breakfast Coffee Shop 	<b>29</b> Taste of New Zealand Coffee Shop Gourmet Menu & Wine Restaurant 	<b>30</b>	<b>31</b> Truly Tandoori Coffee Shop 	<b>IMPORTANT DATES IN JUNE:</b> 15th June: Father's Day 20th June: Wine Dinner 27th June: Family Pool Party





Stewart Montgomery  
Soccer Section Captain

# Captain's Corner

Welcome back troops,

Is it really May 2008? I cannot believe we are at the business end of the season already. Traditionally I devote this month's scribe to the up and coming HKFC International Philips Lighting Soccer 7's but before I do, I'd like to recap what the Season 2007/8 meant for our Section as well as then focusing on individuals who have had particularly eye catching seasons for one reason or another.

**T**eam wise, our 1st's finished 2nd and will remain in Division 2... Lucky Mile were relegated to Division 3...Albion and Wanderers are locked in a battle with Colts to finish highest placed Club side but that will be no higher than 3rd in the 1st Division of the Yau Yee League (YYL). I will talk more about the Colts next month, for at the time of going to print, they had just followed up their Quarter final victory over Albion with a thumping 3-1 win over Wanderers in the semi final, setting up another YYL Cup Final appearance... is **Bobby Lawson** the Cup King of Hong Kong???

Traditionally at the End of Season Awards night, players are presented with Player of the Year trophies but I would like to single some of them out myself as individuals who have impressed for various reasons. I'll start off with the 1st team. Holding things together at the back as he has done for what seems like forever, **Richard Lant** has just completed another almost faultless



Richard Lant

season for the HKFC. Richie's legs might just be telling him that a season in Division 1 may well be beyond him, but for those who have seen the 1st team in Division 2 this season, it's been evident that this classy Centre Half still sticks opposition strikers in his back pocket for 90 minutes every week, taking them out at the final whistle to shake hands and wish them all the best. He's different class, he really is and the poor fella deserves so much better than Newcastle Utd...

Moving onto Lucky Mile who suffered the pain of relegation, I'd like to single out **Tony Hamilton** for special praise and not



Tony Hamilton at last year's Soccer 7's

because he finished their top goalscorer but for his attitude concerning football and the Club. Tony had a go pre season at trying to get into the 1st team squad and narrowly missed out on a place given that the 1st team coach was looking for a different type of front man. It would have been very easy for Tony to take the easy option of staying at the ever improving Albion as opposed to answering the Lucky Mile call given the prospective seasons both those sides were likely to face. Tony did the right thing and I admired him for it. He set a great example in attitude to all in our Section and it's worth pointing out that without his services Lucky Mile's unfortunate year could well have been a lot worse.

Moving on this time to the YYL sides and first up let me just talk about the Colts. I'm not going to single out just one of the many growing talents in that team, for I



Colts — last year's Yau Yee League Cup Winners

think it's their collective spirit and style as opposed to individual flair that has got them to arms reach of more silverware. Bobby's boys are a credit to themselves and I implore every Member of our Club to make sure they make plans for the YYL Cup Final to be held at King's Park in May. Please just ask anyone in the Soccer Section for confirmation of the date.



Phil Dowding

The next player I think who really caught my attention was the Wanderers' player manager **Phil Dowding**. 12 goals this season at the time of going to print and I would not rule out a few more in the remaining three league games. From his position on the left hand side of midfield that is quite brilliant. How he's managed to do it and run the side is anyone's guess because I've done both and it's a nightmare (*you haven't even scored 1 Monty. (Ed) That's not what I meant!!!*)... Phil's stunning season has unfortunately come in one where the team itself have perhaps under-performed but nonetheless he can be well pleased and must surely be a candidate for a spot in the YYL Select side at the Soccer 7's.

Last but by no means ever least is a player from the Albion. I get to see more of this squad given that I play for them so you'd think it would be easy to pick someone out. In truth there have been several outstanding candidates for my choice as the player who was a cut above. I've settled though for a lad who has been there right from the start and has gone about his business with ruthless consistency and



Paul Ewing

an outstanding temperament as well. **Paul Ewing** is in his second season at the HKFC and without wishing to go overboard on his contribution as we'll never hear the end of it, let's just say the boy is a poor man's Richard Lant!!!!

Moving swiftly onto the World's Greatest 7-a-side football tournament...that's right 23rd, 24th and 25th May sees the return of famous names from the past as well as an abundance of stars of the future in The HKFC Philips Lighting International Soccer 7's. Returning to do battle in the Main competition will be a dazzling selection of Europe's finest featuring Aston Villa, Glasgow Rangers, West Ham Utd, Glasgow Celtic and PSV Eindhoven. They will be joined by the 7's specialists from Japan, Urawa Red Diamonds and

from down under the Australian National Under 20's. In the Masters Tournament we have the Rangers All Stars featuring players who were part of the historical nine League titles in a row team from 1989 to 1997 in Scotland. From France we welcome the Marseille All Stars. Rangers and Marseilles battled it out for a place in the European Cup final 15 years ago and it'll be fun watching the old warriors clash again with the added bonus of knowing Bernard Tapies' "gifts" to the referee won't influence any outcomes. The Masters competition gives us the chance to see blasts from the past, and 2008 is no exception with the likes of Kevin Gallacher, Dave Beasant, Warren Barton, Gordon Durie, Mark Walters, John Brown, Ian Ferguson and Andy Goram featuring. Who'll walk away with the trophies? I can't see past Aston Villa or Urawa in the Main competition but in the Masters I think it's wide open and who knows, maybe the HKFC could spring a surprise and finally get their hands on the silverware!!!!



## MINI SOCCER

We only sing when we're winning...

### P4'S TRIUMPH AT KCC

Saturday 15th March

It was beautiful sunny weather that Saturday morning, as about 25 talented young P4's waited patiently at the Club with coaches and parents for a bus that didn't appear!

With half an hour until first kick-off and the tournament being played at KCC, any vehicle that could carry a team member was car jacked and off we all went to the "mainland".

KCC is a fabulous location for a Mini Soccer tournament and the organisers were very welcoming.

Our players were split into three teams, and I (*the P4 Coach*) started warming up my players **Felix Kwok, James Shepherdson, Oliver Nicholas, Charlie Walton, Paul Altier, William Donker and Max Denmark.**

We only had seven players, which meant one sub, but we had a great ensemble of talent and a great attitude. We also had sensational support from the parents and siblings who not only cheered and screamed when appropriate but kept me in tea and bacon sandwiches all morning, taking me back to my Sunday mornings in Essex all those many moons ago!

*continues next page...*





The victorious P4 team  
 Back row (left to right): Felix Kwok, Mike Denmark (Coach), Paul Altier, Charlie Walton  
 Front row (left to right): Max Denmark, William Donker, James Shepherdson  
 (+ Oliver Nicholas – injured)

Each of my players played out of their skins and we won our group well. Unfortunately we lost Oliver to an injury and he was carried off to hospital (fully recovered now and he won Player of the Tournament for his relentless commitment and saving a certain goal off the line prior to his injury). This left us with six players who all wanted to battle on and were all prepared to pass, defend, play into space, listen and encourage as we smoothly progressed through the knock-out rounds.

All quite normal attributes of a footballer you might think? But for me as a coach it was a "life" moment, seeing these kids that I've been around since they were four, coming together and playing out of their skins... playing real football!

They were there for each other in every way, they had positive attitudes, they were great sportsmen and had great support.



They won the tournament!

We sang all the way home.

It doesn't get any better than that!

Michael Denmark  
 P4 Coach

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 28109300**

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 Address: Room 1105 Asian House, 1 Hennessy Road, Wanchai, Hong Kong (License No: 350481)  
 E-Mail: commercial@sunpac.com.hk / airticket@sunpac.com.hk



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<b>Qingdao Tour (3D/2N)</b> Activities: Visit temples, the former Governor's residence, the natural scenery of Laoshan Mountain and more Tour code: NT8TA001HKGK	<b>HKD4,100 up</b>
<b>Xian Tour (4D/3N)</b> Activities: Visit the legendary Terracotta Museum, Huaqing Hot Springs, dinner with Tang Dynasty music and dance show and more Tour code: TT8S1A01HKGK	<b>HKD5,240 up</b>
<b>Beijing Tour (4D/3N)</b> Activities: Visit Temple of Heaven, Mu Tian Yu section of the Great Wall, the Forbidden City and more , enjoy Peking Duck dinner Tour code: TT8BJS01HKGS	<b>HKD5,680 up</b>
<b>Chengdu Tour (4D/3N)</b> Activities: Tour to Leshan and the Giant Buddha, the Chengdu Research Base of Giant Panda Breeding, the Dujiangyan Irrigation System and more Tour code: NT8CTU01HKGK	<b>HKD7,180 up</b>

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# World Squash Day



VS



On 15th March 2008, the Squash Section took on their counterparts at the Hong Kong Cricket Club (HKCC) to honour "World Squash Day". What a great afternoon and evening it turned out to be, with the last match deciding the final outcome - HKCC winning by 12 matches to 11.

## HKFC vs HKCC

It started off with three junior matches which saw HKCC win it 2-1. Jack Graylin beat **Stefan Bailey** 3-0, and Neil Sadarangani lost to **Alexander Chew** 2-3, but got his revenge later as Neil beat **Adam Bailey** 3-0.

HKFC were stronger at the bottom of their order, but HKCC proved stronger at the top. There were some very entertaining matches.

**Emma Pike** took on Paul Keylock ("Padlock") in one of the earlier matches. Padlock made the mistake of turning up sober for a Saturday match and this had disastrous effects on his squash. Little did Padlock know that Andy Phillips had a side bet with **Dave Cross** on the outcome of the match, so Andy found his wallet empty as Emma won 3-1, coming from 7-5 down in the 4th to edge the match for HKFC.

Another entertaining match saw **Ruchika Kumar** taking on Stephen Davison - Ruchika proving too strong for Stephen in the end, also winning 3-1.

The crowd on the show court were knocking back the beers by the time **Thomas Tang** took on Andy Phillips. This match went to 5 very entertaining games with Andy just sneaking it in the end. Both players deserved the standing ovation they received at the end of the match.

So, eventually, it was left to **Glenn Hitch** at No 1 to play **Neal Soo** (who was playing for HKCC) with the match scores tied at 11-all. What a match this turned out to be! Glenn hasn't been playing much squash recently, but Neal was moving around court so fast, even a super-fit Glenn might still have had trouble. Neal won the opening 2 games 9-8, 9-7, only for Glenn to come storming back - winning the next 2 games 9-7, 9-4. The 5th and final game was a real nail biter, with **Phil Head** trying his best to referee the match in between the many beers he was sipping back. In the end, Neal comfortably won the 5th, and the match, for the HKCC.

*Guest Writer - Paul Keylock of HKCC*

## Men's Captain's Report

The playoffs are around the corner for most teams and in fact already underway for a few, at the end of what has been a great season so far. Looks like we may need a wheelbarrow (rather than a shoe box as in recent years) to bring back our trophy haul from the HK Squash Awards dinner, as this year looks set to be more successful than the last 4 years combined!!!! Phil is already worrying about the space on the shelves in the store room for unclaimed trophies!

Since my last update at half-way stage, I can report more success to add to the Division 1 title, with **Guy Norman's** unbeaten Div 6 boys running in

HKFC	Score	HKCC
Glenn Hitch	2-3	Neal Soo
Keith Frith	3-0	Mirih Seth
Stuart Wilson	1-3	Aashish Kamat
Edward Lee	0-3	Hugh Dyus
Ajay Hazari	0-3	Matt Robinson
Jurg Niederberger	0-3	Stephen Seelback
Tom Tang	2-3	Andy Phillips
Dallas Reid	1-3	Dave Murray
Ruchika Kumar	3-1	Steve Davison
Emma Pike	3-1	Paul Keylock
Dave Cross	3-0	Lynley Solomon
Simon Ng	3-1	Simon Topping
Alex Au	3-1	Michael Collins
Siew Wong	3-1	Phil Neilson
Nick Stearns	3-0	Thorold Young
Ray Coleman	0-3	Sergeant Leung
Douglas Yau	0-3	Steel Ytterdal
Helen Chan	0-3	Jaime Douglas
Teresa Bailey	3-0	Alex Bradbury
Jamie Soutter	3-0	Alva To
Stefan Bailey	0-3	Jack Graylin
Alexander Chew	3-2	Neil Sadarangani
Adam Bailey	0-3	Neil Sadarangani

convincing winners, **Ross Harding's** Div 10 side top-scoring on 107 points to date to clinch the championship with a game left, and **Neil Roberts** Div 14 keeping their nerve to nose ahead of the chasing pack to finish strongly. **Steve Pike's** Div 11 side are the latest team to secure a division title after a great season.

Other strong showings have seen **Julian Ragless's** Division 4 and **Tony Miles' Division 9** teams cruelly

losing out in the final week to travel schedules and rule technicalities. Hopefully revenge will be sweet in the playoffs with Div 4 already into their final.

It is true to say all our teams have performed well this year, and others to mention include Neal Soo's Div 2 side fighting all the way to the post in securing a play-off place and a chance of success after pulling off some great wins in a truly competitive league. **David Fitzgerald's** Div 13 side have competed well to chase down the top spot, but are running out of time and 5-0 victories, but remain my strong tip for play-off success. Also worth a mention is **Helen Chan's** Div 16 team who go into the playoffs after a great first season for most in that team.

So, hopefully by the time you read this we'll have at least 5 play-off titles to go with the league titles and we can have a few drinks to celebrate!

All in all, it's been a pleasure to stand as Captain in what has been a very successful year for the club with lots of fun and great team spirit.

*Dave Cross*

HKFC HSBC INTERNATIONAL SQUASH TEAMS 2007- 08 SEASON	
Division	Current Positions
Main League 1	Champions and 6th
Main League 2	3rd and 5th
Main League 3	5th
Main League 4	Runner up and 4th
Main League 5	5th
Main League 6	Champions
Main League 9	Runner up
Main League 10	Champions
Main League 11	Champions
Main League 13	3rd
Main League 14	Champions and 8th
Main League 16	3rd
Ladies 2	Champions and 6th
Ladies 3	3rd and 7th
Masters 1	Runner up
Masters 2	7th
Masters 3	7th

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## Chairman's Comments

Angus Emmerson  
Hockey Chairman



Couple of reminders. The End of Season dinner is to be held on **Saturday 31st May** at The Watermark. The Annual General Meeting of the Hockey Section is to be held on **Tuesday 17th June** in the Lockhart Room at the Club. Nominations for committee positions and team captains should be entered on the List of Nominations affixed to the Hockey Section Notice Board in the tunnel leading to the Sportsman's Bar. I would urge you to consider standing for one of the Section positions. I think it is sometimes forgotten that the Section does not run itself and relies entirely on the efforts of volunteers who sit on the committee and captain teams. Please understand that without people stepping forward to take on these roles there would be no Hockey Section. There appears however to be a widespread presumption that there will always be somebody else who will come forward and help out. If our Section is to continue to function such a dangerous presumption needs to be dispelled immediately.

The Easter Nines was once again a resounding success organised this year by **Guvinder Dillon, Chris O'Neil Dunne** and **Jimmy Singh**.



Spectators at the Easter 9's

# Hockey News



Cup winners of the Easter 9's

## Easter 9's Hockey Tournament

The 2008 GFI and HKFC Easter 9's Hockey Tournament took place at the Club's Hockey Pitch on Friday 20th and Saturday 21st March.

**T**he format of this year's tournament was changed from previous years to allow all teams more games throughout the tournament.

The teams were put into 4 groups of 5; after group play finished they were then split into 2 groups fighting for the Cup and 3 groups fighting for the Plate and Bowl. A knockout stage followed for the three respective competitions (for those of you football fans, it's the old champion's league format, double group stage).

The Captains' meeting on Friday morning showed which teams had spent the previous night on the town celebrating an early Easter. Things did not get off to a good start. The first games were due to start at 9:30am but the Usual Suspects from the UK, who were due to play first, still had not been seen by push back time! We were relieved when they showed up 10 minutes later.

After this early hitch the tournament got going and ran smoothly the rest of the way. Spectators and players witnessed some great goals, impressive team work and slick individual stick work, especially from Shanghai who had two ex-internationals from the China Ladies National team.

Once the initial phase finished we had some surprise inclusions in both the Cup and the Plate/Bowl competitions. In the Cup, the Owls (led by Club Member **Kieran Smith**) and Samurai (led by our very own **Simon Bach**) both showed signs to be reckoned with and played with great determination, especially **Elle Poulton** of Samurai.

After their quiet morning (not sure if Wanchai the night before had anything to do with it?) the Usual Suspects really picked up the noise level both on and off the pitch, eventually taking over the microphone to make sure we had a running commentary and that people playing at the Valley pitches were kept aware of results at the Club.

On day two, teams started a bit slower; two nights of drinking, one day of games and realising you're not as young as you once were, really started to take effect! Luckily, the weather held out until the second group phase finished. Once all teams were back at the Club it started to pour and the start of the semi-finals had to be delayed. Once we resumed, a couple of close games lead to a number of penalty shoot outs. Instead of normal penalties players went one on one with the goalkeeper.

The Cup final was fought between Average Joes and KCC who got there by beating Shaheen and Shanghai respectively.

In the Plate final we had the Spartans, who beat Bug's Bunny, and Valley Black, victorious over Beijing Hockey club (captained by ex-member Peter Kwan who founded the club just 9 months ago, well done Kwanny!)

In the Bowl it was an all Hong Kong University affair between Fatasma and Sassoon. Congrats to Sassoon who were Bowl Champions in their debut tournament. In the Plate final, Valley Black took on the Spartans in a rainy encounter. Both teams fought it out to end with Spartans ending up with a 3-2 victory.

In the main event, thankfully the rain stopped and people got

to witness some great hockey. Deadlocked after the end of extra time, thanks to some great keeping from both goalies, the teams had to battle it out in a one or one shootout. With good saves from the goal-keepers once again, it came down to sudden death which Average Joes took 2-1.

The tournament concluded with the traditional BBQ event, which unfortunately had to be moved from the Poolside to the Happy Valley Suites due to the rain. Thanks to the kind support of all the teams (Oh, and Tom, well done some great fines) the event was still well attended and a great success.

Once again we would like to congratulate our three winners:

Cup Winners	Average Joe's ((This team was made up of Valley players and our very own Douglas Corbel! Doug what were you doing?!))
Plate Winners	Spartans
Bowl Winners	Sassoon

Thanks to everyone for their support and all the Club Staffs for their hard work especially Edward and Benny from the F&B Dept who made sure everything went smoothly and moved the drinking tents for day two. A special thanks goes to Jimmy Singh, who made sure all on and off field matters ran efficiently, as well as to Chris O'Neil Dunne for all his help. Finally, a big thank you to our main sponsor GFI as well as all the other sponsors, without whose kind support the tournament would not be possible.

We hope that this can be a lead up to next year's 10 year anniversary of the Easter 9's. See you down there. Guv Dillon



Plate Winners - Spartans



The Cup finals in action



Cup Runners up - KCC



Cup Winners - Average Joe's

## END OF SEASON BALL: Saturday 31st May

Survived the Sevens?  
Looking for the next big event?

Time to schedule your next Party... 31st May:  
End of Season HKFC Hockey Gala !

This year, we're going for Extreme Chic...  
so bring out your best glitter and glamour dress  
and suit, or start tailoring!

Dinner and dancing will be at one of the new hot  
spots of this year – (in fact it is so hot that we don't  
even need to mention it!)

So start looking for that perfect date, or book your  
wife/husband/partner's planner...

Since there are limited seats, we'll kindly ask  
everyone to respond immediately!

Many thanks and look forward to a  
smashing final party!

Greetings,

Josephine Feilzer & Tom Young (Social Convenors)



Kim Roberts  
Women's Captain

## Ladies Captain's Notes

This month my report includes a summary of the Knockout Cup action, and encouragement for all members to make, come hell or high water, the End of Season Ball on Saturday 31st May a night to remember (well, that may depend on the type and amount of sustenance imbibed!). And also, whilst it may not be quite so glamorous, to take part in the Hockey Section AGM on Tuesday 17th June, a chance to lend your voice and help to the Section.

I also would like to add a BIG THANKS to **Guvinder Dillon**, his "right-hand" man **Jimmy Singh** and **Chris O'Neil Dunne** for doing a great job with organising and running the Easter tournament. It was exactly what it should have been, competitive and a lot of fun at the same time.

## Gremlin's Knockout Cup

First, congratulations to the two teams, the A and F team, who have made it through to the finals (19th April)! On semi-finals day (12th April), we saw the A team demolish arch rivals Valley A 12-0 in what must have been one of their best displays of hockey this season. Slick, smooth, silky hockey indeed, like a fine-tuned well-oiled machine. Goals galore: hat-tricks to **Cyrielle Baleyte**, **Barbara Mountain**, **Sophie Foxall**, and a goal apiece to **Katie Mountain** (Captain), **Sandra Pemberton** and **Natalie Chapman**.

It was certainly not Valley's day as the elated F team also defeated Valley E with aplomb, 3-0 with a goal apiece from **Katie Boag**, **Rachel Milenkov** and **Aliza Husain**. Most Valued Player went to **Nikki Moffit**, defender, for 'Hey, nothing is getting past me today' type positive attitude and play.

On finals day at King's Park, the A team faces KCC A and the F team faces HKCC. GOOD LUCK to both teams, may you stand on the winner's podium! The A team, already winner of the 9-a-side, is looking very strong as contender to take all the silverware for this season, and sitting pretty on top of the league ladder. The F team, winner of the 9-a-side, face tough opposition in HKCC, but no doubt will give it their all.

As for the other teams in the Cup, congratulations to the E team who made it to the semis, but then despite a valiant fight, were beaten by HKCC 0-4. Unfortunately for the other teams, the Bs, D and Es, they faced Division One teams in the second round, the Bs lost to KCC A 1-5 (the tussle much closer than the score indicates), Cs to HKFC A 0-8 (but we were proud to hold them to zero till 20 minutes in, but once they get going, ..... ) and the Dinos to Valley A 0-2 (top effort, a most respectable scoreline).

## June 17th AGM and the changing of the guard: WE NEED YOU, YOU and YOU!

The Hockey Section will be holding its AGM at the Club on **Tuesday 17th June**. This is your opportunity to come and have your say, get involved and make a difference. The Hockey Section cannot run effectively without the involvement of all its members no matter what team they play for, whether they are an 'old' or new member, young or not so young.

Hockey Committee Ladies section and positions up for grabs are:

- Captain
- Convenor
- Membership Secretary
- Social Convenor (would be good to have more than one person)
- Kit Manager: Thanks to Shirley Chau for already putting her hand up, but having one more person to help would be good.

You can nominate a person and get a seconder.

\*We also need ladies to captain each team.

## The Dino Tale



Are you sitting comfortably? Then I'll begin.....a long long time ago at the end of the 1986/87 hockey season **Averil Waters**, **Leslie Glancy** and **Et Al** (now she was a good player) sitting in the Sportsmen's Bar had a dream, what if the Football Club could have a team of players aged over 35 playing hockey competitively in the League? The Club and the Hong Kong Hockey Association (Women's Section) agreed that it was a good idea and so in the 1987/88 season the HKFC's ladies D team, captained by Averil, was placed in the 2nd Division.....the rest as they say is history.

This year the team, known as the Dinosaurs, celebrated 20 years of playing hockey and partying together with a Dinofest held 21-23 March 2008 at the Club. Current captain **Hilary Rowark** was tasked with organizing the event and was ably assisted by **Pat Harvey**, **Heather Probert**, **Jocelyn Southwood**, Averil and Et Al.

Dinos returning to Hong Kong for the occasion were Averil\*, Leslie\*, **Lesley Walton\***, **Jan Breen\***, **Judy Barham**, **Pip Simpkin**, **Linda Odell** and **Debbie Macleod** (Debbie Dino). Counting Heather Probert\* and **Mary Coghill\*** in Hong Kong 6 of the original 11 Dinos were able to attend. In between eating, drinking and exchanging reminiscences (that took forever!) the Dinos fitted in a game of hockey which the old Dinos won, of course. The young Dinos kept being



penalized for running with the ball... thank goodness that umpires David Southwood and David Watt know the rules.

The efforts of the Dino coaches David Southwood and Heather Probert were recognised, Averil received the Joan Phillips award for having "it", Leslie (Poetasaurus) read her Haksa Beach poem, Jan told the story of the salad servers, napkins were placed on heads and a good time was had by all! The photographs capture just some of the fun....look at the Dino cake, made by Su Cowland, which bears the name of every Dino ever.

20 years gone, here's to the next 20...pip, pip.



# Save the Date: End of Season Ball Saturday 31st May

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as limited seats are available

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Alan Lo our Green Clipper

## Double Champion of Champions

Club carried off a double in the finals of the National Champion of Champions held on a sunny afternoon at Kowloon Cricket Club in March. It was the last match of the 2007 season of National Competitions.



Camilla and Danny with trophies

Club's **Danny Ho** entered as the defending champion of the event. He won all the matches in the qualifying rounds. He beat Ronnie Yung of IRC in the quarter-final and Tony Wong of GLBC in the semi-final. In the Final, he played against Ken Chan of KBGC. Danny had a good start by leading 17-5 but Ken fought back and even overtook to lead 19-18. Needing 21 shots to win the game, on what could have been the last end, Danny lay two shots up but Ken burnt the head. In the replay of the end, Danny drew four good woods, lying four with three less than one foot from the jack. Ken fired and missed. Danny successfully defended his title.

On the next rink, Club's **Camilla Leung** played the final against Anna Chan of KBGC, mother of Ken. In the qualifying rounds, Camilla had lost to Anna at KBGC but went on to qualify for the quarter-finals in which she overcame Peggy Ma (title holder for the previous 3 years) at the Club and Linda Pek of AYFP in the semi-final. Camilla had an excellent start by leading 6-0, 10-2, 16-5 and finished the game with 21-10.



Ken and Anna with President Vincent Cheung

This is the first time that Club players have captured both the men and ladies Champion of Champions trophies in the same year. Also unique was that their opponents in the finals were mother and son.

# Bangkok Tour

This was the second bowling tour organised by the Lawn Bowls Section since the new millennium, following after the tour to Singapore Cricket Club last July. The group was composed of 17 members – 16 bowlers plus one soccer playing spouse.

**W**e took off on the morning of Ching Ming 4th April by CX713 after months of enthusiastic preparation by our social secretary **Gigi Nam**. After landing at the new Bangkok International Airport at 10.30am, we immediately felt the heat of summer in Bangkok.

Our Bangkok activities officially kicked off in the evening of 4th April with a group drink at Sirocco in the State Tower also known as the Dome. Located on the 63rd floor, Sirocco claims to be the loftiest restaurant in Thailand. The loftiness does not only mean the height of the bar and restaurant which overlook the Bangkok city, but also the cost of its cuisine (local people say dinner for two without wine costs between 5,000-7,000 baht). However, a drink with a stunning city view in a gorgeous but lively atmosphere proved worthy.



Group with Dome

Our guests from The Royal Bangkok Sports Club - Don Healy, Chairman of Lawn Bowls Section, Don's wife Jit and Per Nystrom, Hon Secretary of the RBSC Lawn Bowls Section – joined us for a drink. When the hour-long drink came to an end, there was a long discussion about the venue for dinner. Finally, Per offered to take us to try the local cuisine with the temptation that we might see a parade of elephants along the streets outside the restaurant. The bustling and *dai pai dong* style in the Suda restaurant formed

a sharp contrast to the high-class Sirocco where we just come from. Ironically, a multiple dishes dinner featured with a combination of tasty Thai and Chinese food cost us about the same as the hour long drink at Sirocco. The only disappointment of the night was no sign of the elephants.

Saturday 5th April was highlight of the trip when we arranged social games with the players at the RBSC Polo Club. We were greeted by 20 local bowlers at the green, quite a few are members of Thailand team. Besides the familiar smiles of Don and Per, we were excited to find a well-acquainted face too, Songsin Tsao, who represented Thailand in international games and was still playing for KCC in the last triples league in Hong Kong.



Group on Green

Bowlers were grouped and formed 12 teams of mixed triples, each included players from both HKFC and RBSC. The green looked fast but was in fact quite heavy, as most of us soon realised. It was not the kind of green on which we were used to playing on a sunny day in Hong Kong, but we all enjoyed undertaking the challenge.

After two games of 10 ends each, **Terri Tsang** and **Wendy Hui**, skipped by



Terri, Sura and Wendy

'magician' Sura (Surasaek Phonghanyudh), won the championship with two overwhelming wins, by 22:7 and 15:4. Sura is a renowned bowler in the Thailand Team. Bowlers in Hong Kong might remember him as he won the first runner-up prize in the DHL International Mixed Fours in 2006. The remarkable assistance provided by Terri and Wendy in Sura's

team was highly recognized and awarded with the biggest prize. We all shared the joy they demonstrated when they came out to take the two lovely RBSC bowls bag from the hands of Chairman Don.

Our experienced bowler **Alice Antunes** exhibited her talent on this away green. She succeeded to edge out two teams skipped by local players, with convincing margins of 15:10 and 19:3. On aggregated shots difference, she only lost to Champion Sura by 5! The committee of RBSC, after

serious consideration, rewarded her with the "MSP" (Most Successful Player) prize. She deserved it.

The performance of **Wanis Sze** and **Stephanie Worth** in the games was also appreciated. Together with Alice, they were also awarded "MSP" prizes. Wanis was always a supportive and encouraging figure in her team. Stephanie also got a lot of applause from her opponents. Her sound improvement in green control, especially in the second game, impressed her teammates too. We started to wonder why Stephanie played so rare for HKFC. You can't stop people thinking that our happy Chairman is deliberately hiding this "secret weapon" from our club.



Don, Stephanie, Alice and Wanis

We were well-received and enjoyed their hospitality at the dinner. Many of us

were crazy for the delicious home-made coconut ice-cream. Before we exchanged our souvenirs, Chairman Don also shared with us two well-preserved hand-made panoramic photos of the two sides of Victoria Harbour. They were taken by him in 1957, when most of us were not yet born!

The club plaques were then exchanged between the Chairmen and many souvenirs were also presented. We look forward to playing with the friendly RBSC bowlers in Hong Kong in the near future.



Happy Chairmen Don and Mike

Although the main purpose of the tour was to bowl, we didn't feel like missing other types of fun in Bangkok, especially shopping, food and massage. On April 6, the third day of the tour, most of us went on shopping spree, but to different

destinations. Winnie, a more experienced Bangkok traveller in the group, lead a tour with nine people to MBK Centre, a eight-storey marble mall with a large variety of negotiable goods including nice Thai style souvenirs at reasonable prices. Gigi and John explored the biggest (35 acres) and most famous Chatuchak weekend market in the world, while Ming and Wendy discovered a small shop in Chinatown where delicious shark's fin soup was offered at a very competitive price. The owner of the shop helped the two ladies get a taxi back to their hotel as most of taxi drivers in Bangkok only speak Thai. Stephanie and Mike visited the main Royal Bangkok Sports Club to spend the afternoon watching the horse racing and enviously watching the golfers in the infield. Later they visited the night market and then spent the next few days in Hua Hin playing golf and finding those lost elephants.

The majority of the group had their last dinner in Bangkok in a small Chinese restaurant in Chinatown. Delicious shark fin soup, curry crab, prawn with vermicelli, fresh vegetable and gingko nuts with warm coconut milk dessert made it a fantastic ending of the trip.

## Social Competitions

During the short break between the Triples and Premier Leagues, the popularity of the social competitions organised by our Competitions Secretary, **Cyril Leung**, continued with good turn-outs for games indoors and outdoors.

Mistakenly thinking the Outdoor Green would be closed for maintenance, the first games on Saturday 15th March were arranged to be played indoors with 48 bowlers playing fours. Winning Teams were **Rita Tsui, Shirley Ou, Wannis Sze, Robert MacPherson and Philip MH Sze, Irene Muk, Letty Parsonson, James Keung**.

Whilst most other Members were watching the Rugby 7's on Sunday 30th March, 30 bowlers joined the event on the Outdoor Green for a few drinks and a game of triples. Winners were **Daisy McNie, Lydia Yang and Donald Wu**.



L to R: Wannis, substitute Camilla Leung, Letty, Robert, Cyril, James, Irene, Philip and substitute CT Leung

Runners-up were **Cecilia Tso, Edmund Leung** and James Keung.

With the Premier League starting on 19th April, the next break for social competitions will be during July.

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# Chairman's Report



Committee members at the Badminton Society AGM 2008

The Badminton Society Annual General Meeting was held on Saturday 15th March 2008.

The meeting was preceded by an open badminton session in the Sports Hall.

At the AGM, **Benjamin Chan** (the outgoing Society Secretary) was appointed to chair the meeting, and the outgoing Chairman, **Kenneth Ying**, delivered his report on 2007, including the following extracts:

- The Badminton Society was established in 2003 and currently has 100 members (238 family members).
- Kenneth expressed his hopes that the membership could be expanded and set some significant targets for the new committee.
- The Society has continued to maintain a healthy financial status.
- The Society's long term development strategy has continued with identifying talented young players and fostering their interest in the sport and development with the assistance of the Society coach, **Jeff Lo** and his assistant. Currently more than 15 youth players attend the weekly training sessions and two have been selected to play in open competitions within Hong Kong.
- Friendly matches during the year included competitions against the Ladies Recreation Club and Hong Kong Electric.
- A Society outing to watch the Sunrise Yonex Badminton Super Series Hong Kong Open at the Queen Elizabeth Stadium was well attended.



Badminton Society members in the crowd at the Hong Kong Open

The new Society committee was elected as follows:

*Chairman:* Philip Woolf

*Vice Chairman:* T.K Lam

*Secretary:* Paul Tso

*Treasurer:* B.K Mak

*Sports and Recreation Officer:*  
Stephen Ng

*Competition Officer:* Derrick Li

*Committee Member:*

Prakash Kirpalani

Benjamin Chan

Kenneth Ying

W.S Lim

Galia Shum

K.M Luk

Ryan Wong

The incoming Chairman would like to thank the outgoing committee members, and in particular Kenneth Ying and Ben Chan, who have contributed significantly to the development of the Society through their personal efforts. *Philip Woolf*



Doubles match in progress at the Hong Kong Open

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Suzie McGuire,  
Division Chairperson

## Comments from the Chair



It is the end of the season and the finals are upon us, by the time this goes to print the League Champions will have been crowned. The Semi-finals took place on the 14th of April. Club in Division 1 played the No. 1 team on the league table, the Valley Panthers. It was a fantastic game with Club ahead at half time by a goal. Unfortunately, Valley pulled away in the final quarter to win 26-19 but Club were clearly thrilled with their performance on the night. Whirlwinds in Division 2 played the Hong Kong Cricket Club Dragons and were comfortably ahead throughout the game to easily secure their place in the grand finals next week against the Discovery Bay Pirates. The Hurricanes in Division 4 secured their place in the Grand Final next week in an even easier fashion as their opponents had to forfeit the match due to lack of registered players. The Grand Finals will take place next week at Western Park. Congratulations to Whirlwinds and Hurricanes for making it and the very best of luck for next week. It has been such a strong season for all the HKFC teams, Typhoons only narrowly missed out on a finals place coming 5th in Division 1 and Tornados also narrowly missed the finals coming 6th in Division 3. I look forward to reading in next month's magazine about our finals success!

Also, by the time this goes to print a new committee will have been elected. This will be my last piece as the Chairwoman as I just don't have enough time to give the job what it needs due to my increasing family commitments. My successor will be the ever committed and competent **Tarne Usback** who I know will take the Netball DSA to even greater heights next season. I want to take this opportunity to thank each of my committee members for all the amazing hard work they have done this season. Thanks to **Sarah Clarkin-Yates** the Secretary who has kept me up to date with the minutes and on the straight and narrow in meetings, thanks to the social girls **Kirsty Hulme**, **Dayna Proudfoot** and their floating assistant **Dee Hutt** - the socials this season were by far the best organised, original and fun and the effort the girls put in was outstanding. Thanks to **Tarne Usback** for all the hard work and none of the glory as our Netball Co-ordinator, and thanks to **Alex Kent** in the dual roles of Treasurer and Attendance Officer - even more hard work and far less glory! Thanks to **Alex Weston** another doubly hard worker as our kit officer and HKNA representative - the kit was awesome this year and relations with the HKNA better than ever! Thanks to our new recruit, publicity officer **Emma Noonan**, who has done a great job over the past couple of months, and **Karin Looram** our umpiring co-ordinator, an unenviable job this season but well diffused, and last but not least, thanks to our extremely organised and efficient membership officer **Fiona Hill Samuel** - it has been a privilege to work with such a committed and competent committee this season.

Fond farewell, *Suzie McGuire*

# Netball News

## Pictures from Trivia Night!



### WEEKLY MATCH REPORT:

#### CLUB

##### 31st March: Club v Typhoons (45-21)

Typhoons took the lead for a short while at the beginning of the game, but Club settled into the game and improved with the first quarter score finishing up 10 - 6 to Club.

The second quarter saw **Alex Weston** score the first goal off Club's centre pass. This was followed quickly by **Karin Loorim** picking up the rebound from the Typhoons first attempt at goal. The ball then spent a lot of time going from end to end without a goal being scored by either side before **Ali Smith** shot a few spectacular goals from a long way out, maintaining Club's lead. Typhoons weren't taking this lying down and **Kate Babington (Babs)** (playing for Typhoons), with some great feeding from **Suzie**, saw them score another six goals in the second quarter. Great Club intercepts by **Katy Chandler**, **Clare Anderson** and **Karin Loorim** showed some strong mid-court play and both teams scored the same number of goals as they had in the first quarter, bringing the half time score to 20-12.

In the third quarter, Club's shooters were asked to try out a number of new moves that seemed to pay off. That, combined

with continued strong passing through the court saw the quarter finish 31-17 to Club.

In a twist to the end of the game, Babs switched sides coming on to shoot for Club in the final quarter. Club's strong play from the defence circle by **Holly Cormack** and Karin Looram continued through the mid-court by **Claire Chapman**, Clare Anderson and Katy Chandler and was finished off by some nice shooting in the goal third to bring the final score to 45 -21. It was a strong finish.

Ali Smith scooped both Player's Player and Coach Karen's Player of the Day. Bring on the semi-finals! *By Rochelle Hooper*

## HURRICANES

### 17th March: Hurricanes v Aussie Geckos (11-9)

A fast-paced and goal-for-goal match kept players pushing themselves to the limit and supporters on the edge of their seats throughout. Hurricanes had a marginal lead with a 1-0 score at the end of the first quarter, but by half time the tide had turned and Hurricanes were at a nail-biting one goal down. Having pulled back to be one up at the end of the third quarter, fine defence and strategic play kept Hurricanes a goal ahead until **Captain Darien** secured a victory in the last few seconds with a great shot giving a two-goal lead! It was a fiercely contested and tantalising match between the number two and number three teams in the Division, who both had everything to play for. A valiant win for the Hurricanes! *By Harry MacPhail*

## WHIRLIES

### 17th March: Whirlwinds v HKCC Griffins (33:23)

The Whirlies started off slow in the first quarter but got their act together by half time. With **Vicky** sent to the sin bin by the doctor, we only had seven players to face yet another "friendly" game. **Irene** got loads of tips to the ball and also heard a lot of whistles down one particular end of the court... **Roi** and **Laura** sorted out the timing in the circle, came forward for support or dropped back when needed. Thanks to speedy feeding and moving around the circle by **Rose** and **Jenn**, they were able to make the shooters look good and take the credit! With **Vanessa** holding the fort in defence, and **Sarah** and **Irene** switching between the defence circle and mid court, we had all avenues covered. We just need to build on what we're throwing together and keep the momentum going for the semi's in a few weeks time!

## TORNADOES

### 31st March: Tornadoes v Aussie Emus (34-12)

Tornadoes finished the season in fine style with a very convincing win against Aussie Emus. From the start, the result was never in doubt, with Tornadoes pulling away more and more throughout each quarter. Our captain **Leanne** was back in superb form, determined to end the season on a high. Despite only being able to shoot with one hand, **Catherine** still managed to display her shooting prowess alongside **Laetitia** who herself scored some great goals. A great all round team performance resulting in a cracking win! Well done Tornadoes on a season to be very proud of! *By Emma Noonan*

## TYPHOONS

### 10th March: Typhoons v Valley Tigers (35-19)

With only two games remaining in the season, Typhoons were keen for a win to cement a respectable position in the final rankings for Division 1. Down to seven players again this week, with all our elite athletes suffering from injuries or the dreaded flu sweeping Hong Kong, we took the court hoping that our fitness could keep us all firing at full speed for the entire match. **Suzie McGuire** played a strong game as Centre doing some great 'get and give' passes into the circle. Couple this with **M-J Tier** in WA who fired in some huge passes to **Kate Babington** who just kept scoring from every position around the circle. *It has also been confirmed that Tarne should play for Club every week as warm up for the Typhoon games, fresh from playing for Club, she was on fire in the circle.* We welcomed back **Becky Thomas**, who again stepped up at the last minute, but who makes a big impact in our defensive team. **Siobhan O'Brien** and **Alex Kent** really looked magical in their GK/GD combination, putting the Tigers shooters under extraordinary pressure. We are in fact outraged that Alex is going off skiing next week and separating the unstoppable duo. Being our most reliable member, I am not sure if we will cope without Alex in our sight. A tidy 16 point win in the end, nothing to laugh at, indeed we cheered. Well Done Typhoons.

*By Tarne Usback*

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# Tennis Update



Neal Soo – 2008 Tennis Singles Champion



Quarter- and Semi- Finalists

Winston Leung, was slapped with a verbal warning when he blurted out “Sprained ankles rule!!” In the first match of the day, Philippe Bonval and Colin Butterfield battled it out tooth and nail with the French man bludgeoning his forehand at every opportunity, while Colin used his touch and finesse to confound his opponent. Things looked fairly even in this Franco-Anglo encounter until at the critical point of the match, top-seeded Philippe was able to break Colin and run away with the set 8:6! In the second match, Eric Tsea faced an in-form Neal Soo who continued his winning streak of not dropping a single game. Neal quickly bundled Eric off with another convincing 8:0 win. In the last match, second-seeded Simon Cheung was pitted against Sean Soo. Despite a valiant effort, Simon could not match his younger opponent’s clever tactics and superior stamina with Sean winning 8:4.

In the Semi-Finals, Philippe Bonval faced Neal Soo, who had yet to lose a game over the entire tournament. The French man drew first blood when he held serve and handed Neal his first game loss in the competition. Despite a steady stream of colourful French phrases interspersed with attempts to bounce his racquet off the ground like a basketball, the number one seed eventually succumbed to Neal Soo’s power and speed. Once again, the Malaysian emerged victorious with a score of 8:3. The other Semi-Final match between third seeded Winston Leung and Sean Soo similarly went the way of the younger Soo brother. Despite getting his service game broken early on, the Malaysian was able to rally and immediately broke back. Thereafter, Sean Soo was able to out-run, out-hit and out-play his older opponent with an impressive 8:3 victory.

The day of the Final began with a shaky start as play was delayed by rain. However, our perseverance was rewarded as after an hour the rain let up and we were able to commence play with the two Soo brothers facing off. The spectators were treated to a rare display of speed and athleticism by the Malaysian pair. Neal and Sean traded powerful ground strokes from the base line as well as delicate drop shots against each other, each probing and trying to find a chink in the other’s game. Such was their speed and agility that after each attacking shot that everyone was sure would be a winner, the other would somehow manage to reach the ball and put up an amazing defensive shot to neutralize the advantage. The rallies were long and hard fought, but on that day, Neal Soo repeatedly came up with one more magical shot to wear down his younger sibling. Ultimately,

With the introduction of the inaugural **HKFC Tennis Champion’s Cup, the 2008 Men’s Singles Tennis Championship** had one of the largest number of participants and the strongest field in recent years. Over the course of 6 weeks, 38 competitors fought long and hard for the honour of having their name as the first carved on the magnificent Cup. The field of players ranged from the young to the young-at-heart, boasting a full spectrum of playing styles ... from classic serve and volleyers to baseline grinders as well as crafty unconventional tennis hacks. Eight players emerged from this diversified group to do battle over the 12th April weekend culminating in the Men’s Singles Championship on the Sunday morning. The top 4 seeds **Philippe Bonval** (1), **Simon Cheung** (2), **Winston Leung** (3) and **Eric Tsea** (4) were all able to successfully make it to the Quarter-Finals. Other contenders making it that far in the Tournament were **Adrian Leung** (defending Champion), **Neal Soo** (last year’s Runner-Up), **Sean Soo** and **Colin Butterfield**.

Unfortunately, at the last moment, Adrian Leung had to withdraw from the Tournament with a sprained ankle. On hearing this, his Quarter-Final opponent,



The Finals Supporters



The Finalists: Neal and Sean Soo

Neal Soo's experience and mental toughness was able to beat back Sean's challenge for the title with a straight set win (6:0 6:1) over his brother to emerge as the Men's Singles Tennis Champion for 2008. This win also put Neal at the top of the Challenge Ladder – a most impressive leap from nowhere!

Judging by the quality of play as well as the spirit and enthusiasm shown by all the players and spectators, the tradition of tennis

at the HKFC is stronger than ever. The Tennis Society will be there to support this tradition and will strive to improve everyone's tennis experience at the Club.

We look forward to seeing everyone on the tennis courts!!  
*Winston Leung*

Top 5: Singles Tennis Ladder Challenge	
Top Player	Neal Soo
Runner-up I	Philippe Bonval
Runner-up II	Simon Cheung
4th-ranked	Winston Leung
5th-ranked	Eric Tsea

Note: To join the ladder, email [TennisLadder@hkfc.com](mailto:TennisLadder@hkfc.com)

## FROM YOUR TENNIS COACH

**W**ith humidity on the increase at this time of year in Hong Kong, to play good tennis it is important to keep your grip as dry as possible to prevent your hand from slipping. Wiping your grip regularly with a towel during play will help to keep it dry. More importantly, the type of grip you use, whether it is an overgrip or a replacement grip, will be the predominant factor enabling you to maintain control of your racquet during a point.

A lot of people I see don't realise the difference between a replacement grip and an overgrip. Quite simply, when you purchase a replacement grip there is just one grip inside the packet and it is quite thick. When you buy overgrips, while it appears that there is one roll, there are actually three grips on the roll and they are visibly thin.

I personally find that the grips on brand new racquets become rather slippery after raising a sweat. For this reason, even if I am using a brand new racquet, I will wrap an overgrip over the existing grip. This is something that most pro players do also. It does have the effect of making the grip a little larger but it is only marginal. If you like the feel and size of your existing grip and your hand doesn't sweat too much, get yourself a replacement grip. Make sure that you remove the old grip prior to applying the new one.

With so many different types of overgrips on the market it's hard to know which one to buy. I have not tried them all but I recommend the following: Babolat Pro Team, Babolat VS Original, Wilson Pro, Prince No Sweat and the old original favourite, Tourna Grip (still used by Pete Sampras).

On the 4th June, I will be moving with my wife Evette and two boys, Will and Lucas back to Sydney. After a little over eight years in Hong Kong, we feel the time is right to settle down in Sydney. We will certainly miss the many wonderful friends we have made during our stay here. I have thoroughly enjoyed working at The Hong Kong Football Club and have particularly enjoyed seeing the children develop as both individuals and tennis players. I have had a lot of fun teaching them.

Another Australian named Adam Doyle, will be assuming my role and brings with him a wealth of coaching experience. His main focus when teaching tennis is to make it fun which is vitally important. He is excited about working at the Club and I am sure he will make a smooth transition. Please show your support to Adam and make him feel welcome.

If anyone is interested in taking up tennis lessons or enrolling their child in one of our group classes, please contact Mark on 2830 9578.

**Most Improved Player – Jonathan Tsang**

## Men's Doubles Season - A Rocky Start

Supporting their new team strip and feeling unbeatable after clawing their way to the top end of the division in the last season, our six giant-killers went into their first match of the season against Hong Kong Jockey Club 2nd team looking for an easy win. The stars unfortunately were not aligned as too much Easter chocolate took its toll on the players, as they were given the run around by the team who delighted in chipping and chopping their way to a 9-0 victory.

It was a relatively poor start to the season and our second match against Hong Lok Yuen could have gone equally awry. Our first pair of **Winston Leung** and **Philippe Bonval** were a run-away success winning all their matches convincingly and once **Greg Brutus** had stopped trying out a new racquet, the pairing of **Greg** and **Barry Ho** was unbeatable winning their last match 6-0 after being trounced in earlier matches. That basically left **Graham Ormerod** and the indomitable **Michael Wong** to make one win. Thank heavens for Michael's never-say-die attitude, his unconventional slices and fearless jumping at the net. Despite being down throughout the first game, we still managed to pull out all the stops and win in a tie-break. The match to HKFC 5-4



HKFC with Hong Lok Yuen



It wasn't raining that hard, Paula...



The next Number 1 at the Finals Lunch



The Champion's Table

# Swimming News Update



## Ironman Fever Hits HKFC Triathletes

1st March saw a number of Hong Kong triathletes, including Club Members **Adam Graham**, **Richard Hall** and approximately 1200 other athletes compete in Ironman New Zealand. Held in Taupo on the North Island, Ironman New Zealand consists of a 3.8 km swim in the crystal clear waters of Lake Taupo, a 180 km bike ride and a 42.2km marathon.

After the cold of the 7 am swim start in the glacial Lake waters, the first lap of the bike provided a chance to warm up and cover some distance. Unfortunately, no one had communicated this to the weather gods, who kindly provided rain and wind, making the second lap in particular fairly treacherous riding. The weather conditions seemed only to harden the resolve of the supporters scattered along the length of the bike course, whose cheering only increased as the day, and the amount of Steinlager consumed, progressed.

Road crews in New Zealand are clearly taught a unique way of finishing roads to make the surface as rough as possible and, after 180 kms of riding, the nether regions felt as if they've taken a good working over with a pneumatic drill. As such, it was some relief to give the body a break and set off on the marathon, where the rain and wind continued to prove anything but ideal race conditions.

The battle among the male pro athletes was finally resolved on the run, with Kiwi pro Cameron Brown first across the line in 8 hours

24 minutes for his seventh win in this event. Cameron ran a 2.49 marathon. Brown also covered the swim in 47.18 at an average speed of 4.8km/h and the bike leg in 4.43 at an average speed of 38.1km/h. First Club athlete home was Richard Hall, in 9 hours 47 minutes, with Adam Graham in 10 hours 36 minutes.



Kiwi pro Cameron Brown



Richard Hall in action

Adam Graham working hard...

Richard Hall placed 9th and wins an entry slot in the Ironman World Championships in Kona, Hawaii in November 2008.

The Club athletes have promised to get Cameron Brown next year.

Meanwhile, if someone could kindly explain how we all got sunburnt whilst racing in what felt at times like a red rainstorm, that would be greatly appreciated.

## China Ironman Measures Up

After Tropical Storm Neoguri blew a hoolie, **Steve Bemet**, **Brigitte Niederberger**, **Richard Hall**, **Warren Warner** and **Adam Graham** lined up for the first ever China half and Ironman on 21st April. A full race report will be available but top line is Richard Hall romped round in 11.08 enjoying the breezy 35c-38c temperatures. Steve Bemet was four minutes behind in 11.12 and Warren Warner and Adam Graham a tad behind them.

Revelation was our Swiss Miss Brigitte who ghosted past Steve with 4km to go and offered "You can run with me if you like?" to which Steve, whose tongue was black as a canetoads' nostrils, declined. She also floated past Richard Hall with 1km to go and finished in 11.07 as the fastest HKFC Triathlon Club member. Brigitte came 5th Woman overall out of all the age-group categories but excluding the professionals. Awesome achievement! Steve Bemet also qualified for the Hawaii Ironman and has not stopped smirking.

## Club Captain Chews Tarmac

The Swim Society's Captain **Guy Horne** has made a rapid recovery from an accident two weeks ago. Cycling at 5.30am doing 25km down a hill outside Lai Tak Tseun, Jardines Lookout, he hit a patch of leaked oil from a bus and nose dived. Multiple facial lacerations, gashed chin, bust front teeth and road rash on elbows and knees. All credit to the fact that there was no traffic at that time of day, Accident & Emergency (A&E) was open, and Canossa was relatively empty. He was stitched up and had emergency dental work with new capped front teeth by lunchtime.

Some good lessons from Guy:

- Bike lights at night don't show up oil on the road
- Facial injuries sure make a mess but heal extremely quickly
- Go to a GP after A&E, have a tetanus shot and a course of antibiotics, get antibiotic cream for the road rash after hovering the tarmac!

- Porous dressings that protect and allow wounds to stay dry are best. "Opsite" is a spray on dressing which worked well.

## HKFC's First Extra Super Sprint Race

24 Teams of 3 athletes each (at least one female athlete) will compete in a 1km run, 1.5km cycle and 300m on the Swimming Pool Complex at the Club on Friday 13th June from 7.30pm onwards. Teams from HKG Dragons and SIR cycling are already confirmed. Entry fees of \$225 per person includes barbeque dinner afterwards. Send your entries via e-mail to **Steve Bemet** on [thebemets@netvigator.com](mailto:thebemets@netvigator.com) no later than 15th May.

# HKFC Extra Super Sprint Triathlon

Venue: Swimming Pool Complex

When: Friday 13th June

Race Time: 7.30-9.00pm followed by barbeque dinner

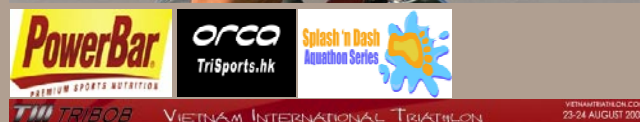
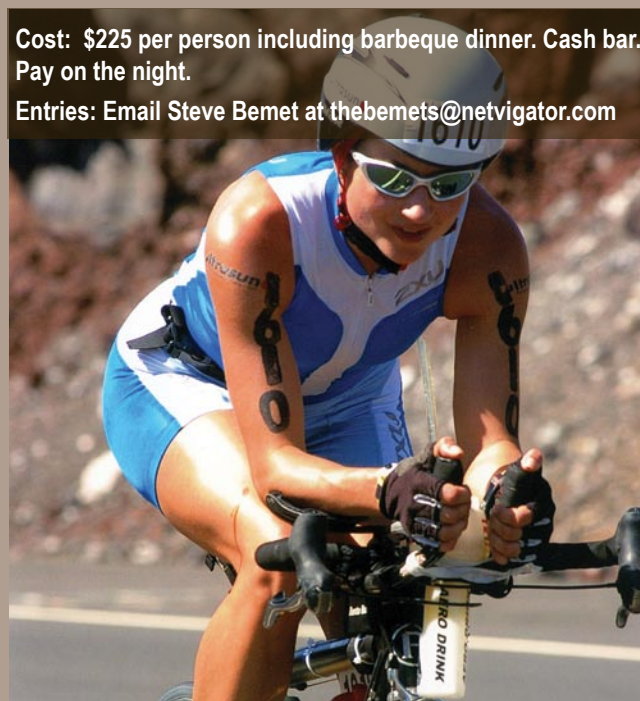
Wanted athletes: 24 teams of three people, (at least one girl in each team) will race 1.5km run, 1.5km cycle and 300m swim as a relay. Top four teams go into head-to-head final.

All cycling and running on treadmills and spin bikes/turbos set up pool side, for spectator enjoyment.

Prizes include cycling jerseys, entries to Vietnam triathlon, powerbars, orca stuff and other goodies

**Cost: \$225 per person including barbeque dinner. Cash bar. Pay on the night.**

**Entries: Email Steve Bemet at [thebemets@netvigator.com](mailto:thebemets@netvigator.com)**



VIETNAM INTERNATIONAL TRIATHLON 23-24 AUGUST 2008



## 19th Hole with the Chairman

Desmond Ko,  
Golf Society Chairman

Two Society news items to report....

Successful Equipment Day held on the rainy and windy 19th April at the Club's Golf Simulators and in the Sports Theatre.

The Ladies' longest drive competition was won by **Emma Pike** with a drive of 268m; she wins a NanoPower 52 degree wedge.

The Men's longest drive competition was won by **Tommy Chan** with a drive of 258m; he wins a NanoPower 56 degree wedge.

The Nearest Pin competition was won by **Kien Ng** who left his ball 5ft 5 inches away from the pin; he wins a TaylorMade golf bag.



Lucky Draw was won by **Desiree Wong** and she collects a NanoPower Driver SP700.

We must thank Swiss Privilege (the Society's sponsor) and NanoPower, club maker, for assisting us with this event.

Our Captain, **Charlie Yeomans** led a successful defence and, retains the trophy, in the annual match against HKCC held in Macau on 18th April. You can read about the event in next month's issue. Stay tuned!



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If so, join our QROPS expert for an evening seminar to hear how you can benefit from this opportunity before the tax rules change. The seminar starts at 19.00hrs on Wednesday 28th May at The Harcourt Suite, The Hong Kong Club, Central. Cocktails and Canapés will be served.

To make a reservation please contact:

The Fry Group tel: 2526 9488 email: [info@thefrygroupkh.com](mailto:info@thefrygroupkh.com)

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David Bayldon

# My Finger Hurts

You're not sure if you stubbed your finger into the ground or bent it backwards, but now it looks weird and feels like someone not only stepped on it but jumped up and down on it... someone heavy...



## It's only a finger! Get back out there you wuss!!

Generally the big joints, knee, hip, shoulder, back and ankle get lots of attention while the small joints in the fingers and hands get missed out, but an injury to the fingers or thumbs hurts just as much and can ruin your game as much as any other injury.

It might not seem so bad in the heat of the game, but later on it's going to hurt like hell and will be vulnerable to re-injury for some time.

There are 27 bones in each of your hands (including the wrist), any of the ligaments between these bones can be sprained. Most commonly the last two joints in the fingers and thumbs get hurt.



## What to look for:

It may seem obvious. If your normally straight finger is bent oddly, then it is probably dislocated. If your finger joints are not dislocated but your finger is severely painful, swollen, discoloured, and/or relatively immobile, you have probably damaged the tendons and ligaments - you should stop and ice it.

The best way to cool the fingers down is to put them in cold water for as long as you can stand, then take them out move the fingers as much as you can without too much pain before putting them back in the water again. Keep doing this as long as you can, repeat doing it regularly, as long as the fingers remain painful and swollen.

If you have dislocated a finger joint, first get it back to its normal position. Then ice it. It can be a good idea to "Buddy Tape" the finger to another one for protection and stability.

If the finger will not stay in a "normal" position or if your finger is still swollen and painful after 24 hours, you should get it checked by your doctor. You may need an x-ray to check for a fracture. If there

is a fracture, the finger may need to be set and splinted or, in some cases, either placed in a cast or corrected surgically.

After injury finger joints can stay swollen for a long time and may be permanently enlarged from scarring. Getting your rings off may be a problem, the joint will gradually get smaller again, so don't go re-sizing them until the scar tissue has settled down (about a year).

The finger joints are very sensitive to injury and will stiffen up very quickly if immobilised for any period of time. So, unless you have to protect a fracture or repaired tissue, it is important to keep the fingers moving as much as pain allows and start strengthening the muscles of the hand and fingers as soon as possible after the injury. You could start with squeezing a sponge or a soft ball. Talk to your physiotherapist for advice on how and when to progress the exercises you do as well as how best to protect your fingers when you go back to the game.

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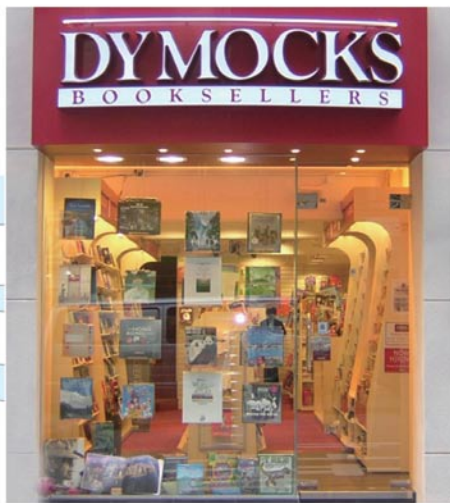
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## MOVIE OF THE MONTH

### There Will Be Blood

This widely acclaimed masterpiece and must-see American epic features the Academy award winning performance of Daniel Day Lewis (Best Actor 2007). Daniel Plainview and son are independent oil men, looking for prospects in California at the turn of the 20th century. They are challenged by a young preacher, Eli Sunday (Paul Dano), whose own ambition is matched by Plainview's. Their battle forms the centre of a scary, darkly-comic historical journey into an abyss of madness. "There Will Be Blood" is Paul Thomas Anderson's epic American nightmare, belching fire and brimstone and damnation to hell.

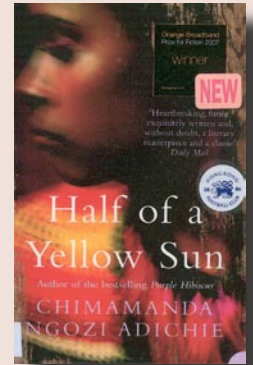


## BOOK REVIEW

### Half of a Yellow Sun

by Chimamanda Ngozi Adichie

Based loosely on political events in nineteen-sixties Nigeria, this novel focusses on two wealthy Igbo sisters, Olanna and Kainene, who drift apart as the newly independent nation struggles to remain unified. Olanna falls for an imperious academic whose political convictions mask his personal weaknesses; meanwhile, Kainene becomes involved with a shy, studious British expat. After a series of massacres targeting the Igbo people, the carefully genteel world of the two couples disintegrates. Adichie indicts the outside world for its indifference and probes the arrogance and ignorance that perpetuated the conflict. Yet this is no polemic. The characters and landscape are vividly painted, and details are often used to heartbreaking effect: soldiers, waiting to be armed, clutch sticks carved into the shape of rifles; an Igbo mother, in flight from a massacre, carries her daughter's severed head, the hair lovingly braided.



## NEW BOOKS

CHANGE OF HEART BY JODI PICOULT

DARING TO DREAM BY NORA ROBERTS

LOVE IN TIME OF CHOLERA BY GABRIEL MARQUEZ

H.R.H. BY DANIELLE STEELE

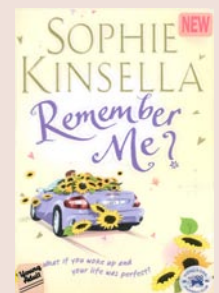
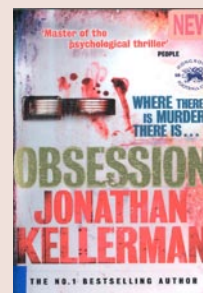
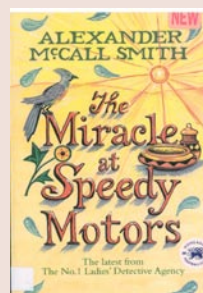
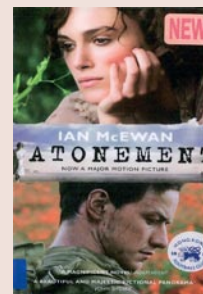
A PRISONER OF BIRTH BY JEFFREY ARCHER

WIVES OF THE EAST WINDS BY LIU HONG

THE KABUL BEAUTY SCHOOL BY DEBORAH RODRIGUEZ

LORD JOHN AND THE HAND OF DEVILS BY DIANA GABALDON

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<p><b>Phuket TG</b> Sunset Beach Resort 3days <b>HK\$2488up</b> till30JUN08</p>	<p><b>Hong Kong &amp; Macau Hotels Fascinating Deals</b></p> <table border="1"> <tbody> <tr> <td>Regal Oriental **** HK\$510up <b>HOT!!</b></td> <td>Venetian Sun-Thu HK\$1,238up Fri-Sat HK\$1,588up</td> </tr> <tr> <td>L'Hotel Nina ***** HK\$664up <b>HOT!!</b></td> <td>MGM Sun-Thu HK\$ 998up Fri-Sat HK\$1,398up</td> </tr> <tr> <td>Empire Kowloon ***** HK\$1,032up</td> <td>Wynn Macau Sun-Thu HK\$1,108up Fri-Sat HK\$1,458up</td> </tr> <tr> <td>Panorama Hotel **** HK\$1,081up <b>NEW!!</b></td> <td>Crown Macau Sun-Thu HK\$1,348up Fri-Sat HK\$1,348up</td> </tr> <tr> <td>Disneyland Hotel***** HK\$1,778up</td> <td></td> </tr> </tbody> </table> <p><small>The above rate is per person rate and includes all taxes. 1 night accommodation and 1 roundtrip ferry ticket.</small></p>	Regal Oriental **** HK\$510up <b>HOT!!</b>	Venetian Sun-Thu HK\$1,238up Fri-Sat HK\$1,588up	L'Hotel Nina ***** HK\$664up <b>HOT!!</b>	MGM Sun-Thu HK\$ 998up Fri-Sat HK\$1,398up	Empire Kowloon ***** HK\$1,032up	Wynn Macau Sun-Thu HK\$1,108up Fri-Sat HK\$1,458up	Panorama Hotel **** HK\$1,081up <b>NEW!!</b>	Crown Macau Sun-Thu HK\$1,348up Fri-Sat HK\$1,348up	Disneyland Hotel***** HK\$1,778up	
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